SPORTS / A13
Heavy favorite Ardina guns for 4th Junior World title

NEWS / A2
Unioil cuts gas price by P4.75/liter

NEWS / A2
Transport strike leader shot in Bicol

NEWS / A3
'Ruby Rose' accused bring 15 witnesses

WORLD / A18
Senators: CIA concealment broke law

Swine flu kills 2 high-risk patients—DOH

By Dona Pazzibugan

TWO PERSONS INFECTED BY THE influenza A(H1N1) virus have died, bringing to three the number of fatalities linked to swine flu in the Philippines, the Department of Health (DOH) said yesterday.

The latest fatalities were both males—a 74-year-old who had emphysema and a 19-year-old who had asthma, said Dr. Yolanda Oliveros, director of the National Disease Control and

SWINE FLU A4

PHILIPPINE DAILY INQUIRER
BALANCED NEWS, FEARLESS VIEWS
Tuesday, July 14, 2009 • 3 sections / Vol. 24 / No. 218 P18

Ailing Legacy owner arrested in hospital

By Tara Quismundo

THE MAN HAD TUBES IN HIS THROAT AND stomach, looked weak and couldn't talk when four men walked into Room 558 of St. Luke's Medical Center at about 4:15 p.m. and told him he was under arrest.

"He had no reaction when we served the warrant but I think he was able to compre-

AILING A4

Drug firm hit for 'bribe'

Cry rises for all-out attack on Abu Sayyaf

HAWKS FROM THE ADMINIStration and the opposition outnumber the doves, calling for an all-out war against kidnappers and terrorists in Mindanao.

With the Abu Sayyaf group no longer holding hostages in Sulu, Defense Secretary Gilbert Teodoro Jr. yesterday said it was time for the military to escalate operations on Jolo island and get its "high-valued" leaders.

A day after the release of Italian Red Cross volunteer Eugenio Vagni from six months of harsh jungle captivity, Teodoro said he had directed the military to intensify pursuit operations against the al-Qaeda-linked kidnappers.

CRY RISES A4



Pfizer offer to GMA rejected

By Michael Lim Ubac

SEVERAL LAWMAKERS yesterday accused Pfizer Philippines, a multinational drug company, of attempting to "bribe" President Macapagal-Arroyo through the Department of Health (DOH) with five million "suki (discount) cards" to be distributed to indigent patients around the country.

At yesterday's hearing of the affordable medicines oversight committee, the lawmakers said the bribery attempt was apparently aimed at convincing Ms Arroyo not to sign an executive order, drafted last month by the DOH, that will cut drug prices in half.

"The fact is the [cheaper medicines] law was passed by Congress. For somebody to offer [the cards that] is already an indication that the purpose of the offer is to stop ... impede the enforcement of the law. I will tell you as a lawyer ... that is an an offer of bribe," said Senate President Juan Ponce Enrile.

Enrile was reacting to the statement of Reiner Gloor, executive director of the Pharmaceutical and Healthcare Association of the Philippines (PHAP), who said that Pfizer's offer was not a bribe. PHAP is an umbrella organization of 50 multinational drug companies.

DRUG A4

More cows, carabaos for kidnappers

By Philip C. Tubeza

CATTLE FOR HOSTAGES?

Promises of more cows, carabaos, tractors and development projects helped convince the Abu Sayyaf kidnappers to release Italian Red Cross volunteer Eugenio Vagni, a businessman involved in the hostage negotiations claimed yesterday.

Speaking at the Kapihan sa Manila Hotel, Armando de Rossi, a Filipino citizen of Italian descent, said reports of ransom payments or that a "prisoner swap" prompted the bandits

MORE COWS A4



BACK TO BACK

Stop! A protester stands in the middle of the road and appeals to drivers to stop plying their routes along Don Chino Roces Avenue in Makati City. The transport strike was launched by Piston to protest high fuel prices and excessive penalties for traffic violations. (See story on Page A2)

Skinny kid shows his abs and pecs while skinny-dipping—well, almost—in floodwaters along Roxas Boulevard in Pasay City after heavy rains swamped many parts of the metropolis on Monday.

Church wants good men to run in 2010 elections

By Dona Z. Pazzibugan

ASIDE FROM THEIR USUAL CALL ON the faithful to vote wisely, Catholic Church leaders are encouraging principled persons to run for public office in next year's presidential and national elections.

"We call upon those who are competent, persons of integrity and [personal] commitment to change to get involved directly in principled partisan politics and become candidates for political election, aware that the common good is above the good of vested interests," the Catholic Bishops' Conference of the Philippines (CBCP) said.

The influential CBCP issued the pastoral statement at the conclusion of its two-day plenary assembly on Sunday. Its members elected a new set of officers, with Tandag (Surigao del Sur) Bishop Nereo Odchimar as incoming president by Dec. 1.

The bishops also

CHURCH A6

In Japan, even robots get laid off



KITAKYUSHU, JAPAN—THEY MAY BE THE most efficient workers in the world. But in the global downturn, they are having a rough time finding jobs.

Japan's legions of robots, the world's largest fleet of mechanized workers, are being idled as the country suffers its deepest recession in more than a generation as consumers

ROBOTS A5



BEFORE: Healthy Kim Jong-il in a photo taken in Pyongyang on Oct. 1, 2007.

POLITICAL INSTABILITY

North Korean leader has pancreatic cancer

SEOUL, SOUTH KOREA—North Korean leader Kim Jong-il has life-threatening pancreatic cancer, a news report said on Monday, days after fresh images of him looking gaunt spurred speculation that his health was worsening following a reported stroke last year.

The 67-year-old Kim was diagnosed with the cancer around the time he was felled by the stroke last summer, Seoul's YTN television reported, citing unidentified intelligence officials in South Korea and China.

The report cited the officials as saying the disease was "threatening" Kim's life.

Pancreatic cancer is usually discovered in its final stages, and considering Kim's age, he is expected to live no more than five years, the report said.

The American Cancer Society lists rather less optimistic data: It says about 20 percent of people live at least one year after they discover they have pancreatic cancer, but fewer than 5 percent survive as long as five years.

South Korea's spy agency said it could not confirm the YTN report. Both

NORTH KOREAN A7



AFTER: Older, thinner North Korean leader in photo released on July 1, 2009.

Second FRONTPAGE

WEATHER FORECAST

6/42: 26 14 7 23

SUERTRES: 5 6 5 / 6 1 4 / 3 4 4

FOUR DIGIT: 5 0 1 7

MEGALOTTO 6/45: 1 10 17 28 40 43 — P8,887,536.00

Transport strike leader shot in Bicol

A LEADER OF A MILITANT TRANSPORT GROUP in Bicol was shot and seriously wounded by two motorcycle-riding men in Daraga, Albay, before dawn yesterday as he mobilized fellow drivers in a nationwide transport strike, a police official said.

[illegible]

Unioil cuts gas price by P4.75/liter

[illegible]

UN resumes delivery of food to Mindanao

By Cynthia D. Balana and Allison W. Lopez

[illegible]

'Huaning' leaves; rains to continue

[illegible]

Soldiers kill girl in raid

[illegible]

Accused in Ruby Rose murder bring 15 witnesses to hearing

Solons seek probe of dam deal

Poll rumor amused Panetta

Run for cause to use 'chips'











Loren says she's ready to run for president



Sen. Loren Legarda shakes hands with Maldives President Mohamed Nasheed in Male on Sunday.

Cry rises for all-out attack on Abu Sayyaf

No more 'ningas cogon'

Use of intel funds

No more obstacle

Breakthrough?

More cows, carabaos, tractors for Abus

No prisoner swap

A little bit of money



PNRC Chair and Sen. Richard Gordon (center) answers questions during Monday's press conference at the PNRC headquarters in Intramuros, Manila. He is flanked by Sulu Vice Gov. Nur-Ana Sahidulla (right) and businessman Armando de Rossi (left).

Show of goodwill

Correction

The Daily Gospel

Swine flu kills 2 high-risk patients—DOH

In Japan, even robots get laid off



AN 18-METER tall Gundam appears at a Tokyo park on July 11, 2009. The full-size model of Japan's popular robot animation character was built, marking the 30th anniversary of the start of animation on TV broadcasting. Gundam is a giant robot that has a role in the era of space wars.

Protecting humans

New York Times News Service

Drug firm hit for 'bribe,' but GMA rejects offer

Don't mess with me, trade secretary warns pharmaceutical companies

By Abigail L. Ho

Huge savings

10-day deadline

Discriminatory

Ailing Legacy owner arrested in hospital


DE LOS ANGELES

Assets of P100 million

'Weak, thinner'

Romano can wait

Church wants good men to run in 2010 elections

GMA's poll bid?

No 'lesser evil' choice

Human rights abuses

Foreign land ownership

North Korean leader has pancreatic cancer

[illegible]

Concerns about instability

[illegible]

Other health problems

[illegible]

Cancer report questioned

[illegible]

Designation of successor

[illegible]

'Relatively soon'

[illegible]



KIM Jong-il



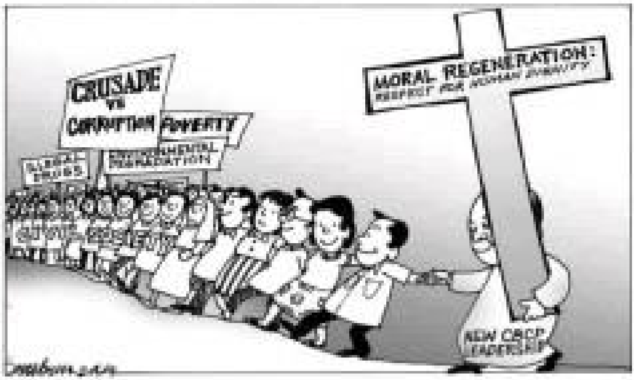
INQUIRER

OPINION

Near tipping point

EDITORIAL

[illegible]



Mailbox traffic

VIEWPOINT

Juan L. Mercado

[illegible]

Can she do it?

THERE'S THE RUB

Conrado de Quiros

[illegible]

Interesting episodes

POLITICAL TIDBITS



Belinda Olivares-Cunanan

Lugo and the SVDs

AT LARGE



Rina Jimenez-David

Pope, father-general—and farmer-leader

NEWSSTAND



John Nery

Achievement

YOUNG BLOOD

Anna-Lynn M. Baylon

NOTICE TO YOUNGBLOOD CONTRIBUTORS

Limits to animal rights

LETTERS

Gov't should revive Panay Railway

Praise Gonzalez, lawyer-patriot



A dangerous mindset threatens the safety of IDPs

Contingency plan: Include ICE numbers in cell phones

On Tulfo's false allegations against Trillanes

Across the NATION

Task force may lead to MILF peace talks

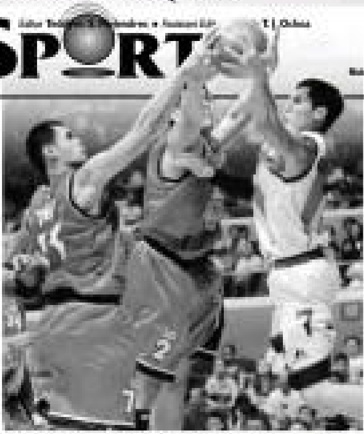
MALACAÑANG HAS CREATED A POWERFUL TASK force that could pave the way for the resumption of peace negotiation with the Moro Islamic Liberation Front (MILF) this month, according to Undersecretary Camilo Montesa of the Office of the Presidential Assistant on the Peace Process.

GMA declares Palawan mountain protected

More schools suspend classes due to A(H1N1)

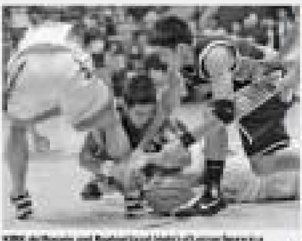
Perfect Custodio joins Paeng in WC nat'l finals

SPORTS



Gin Kings take pivotal 3-2 buffer

Tale of two debuts: Eagles soar, Archers fall



Lions maul Blazers; Knights shine

Who will uphold and preserve the Pacquiao legacy?

BARE EYE

Recah Trinidad



With extra cash, PSC plans more projects

Padyak Tour veteran dominates RP tryouts

Manila first leg of Kobe's Asian tour





Ardina leads RP Jr World bid

Last-hole birdie gives Ji US Women's Open title



Ji: I didn't dream about winning US Open

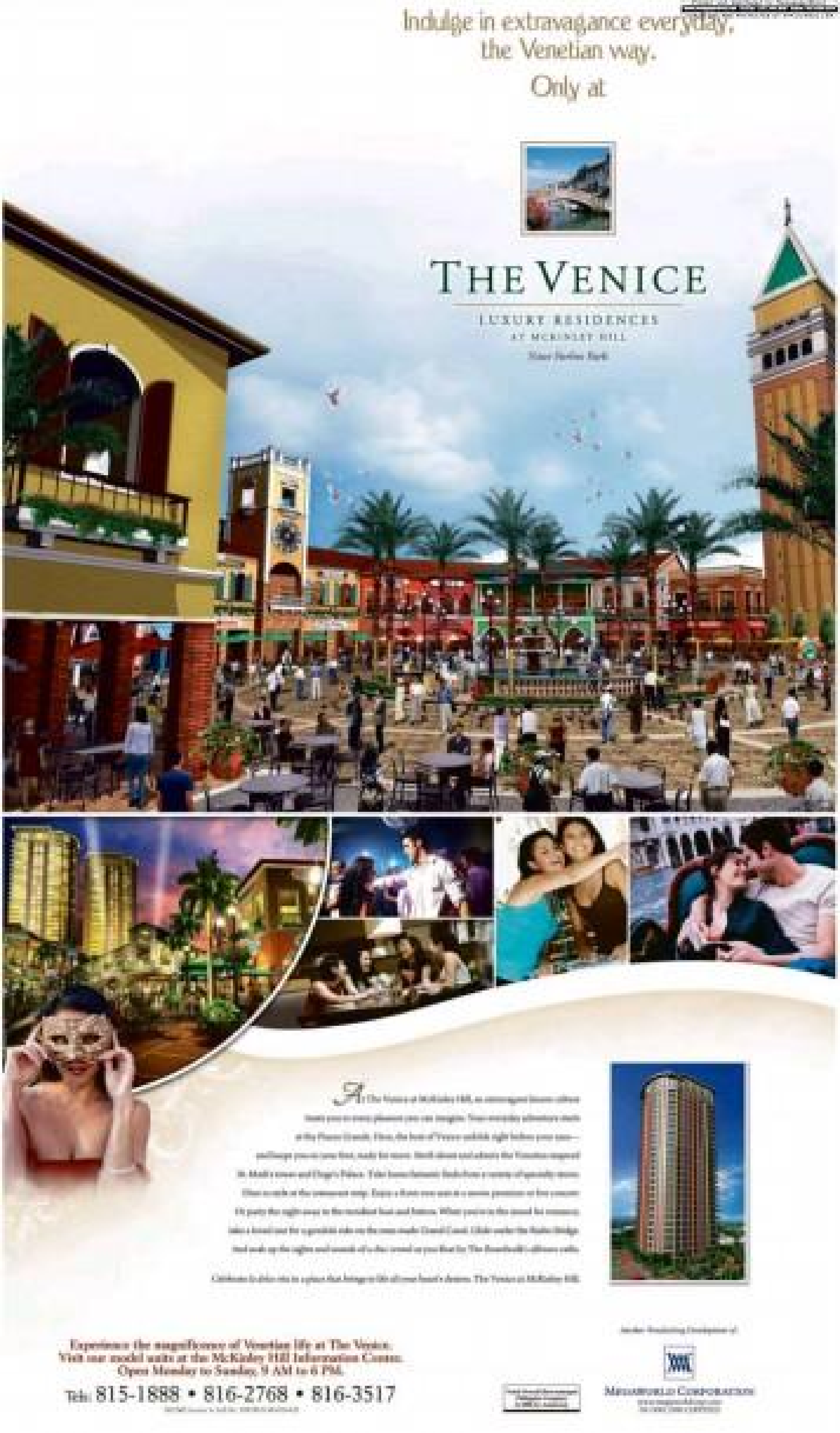
Nocentini stays in front; Frenchman tops 9th stage

Webber rules 1st F1 race

Spain, Croatia advance

Fabos Batch 1977 golf fund raiser Saturday

'Hatawan' 5-cocker gets going at Roligon



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Megaworld Corporation

A plus METRO

DID YOU KNOW



3RD EXPLOSION WITHIN 48 HOURS

Minor blast hits bank in Valenzuela

By Beverly T. Natividad

FOLLOWING SATURDAY NIGHT'S TWIN BLASTS that rocked two branches of Allied Bank in the cities of Valenzuela and Caloocan, another bank in Valenzuela City was struck by an explosion early yesterday morning.

The blast, according to Valenzuela police chief, Supt. [illegible], hit the Union Bank branch on MacArthur Highway in Marulas at around 5:20 a.m.

Fortunately, it caused no injuries and only minor damage to the establishment. It destroyed two glass panels of the ATM (automated teller machine) booth and part of the canopy of the bank's main entrance, [illegible] said.

[illegible] told the Inquirer that the explosion was likely caused by a pillbox because [illegible] of the [illegible] Operatives found no trace of any improvised explosive device at the site.

He added that before the blast, witnesses saw two men riding tandem on a motorcycle.

The two, witnesses told the police, stopped in front of the bank, threw a "stick-like" object toward the establishment and then fled.

On Saturday evening, two explosions—happening only within 15 minutes of each other—struck the branches of Allied Bank on MacArthur Highway in Valenzuela and Third Avenue in Caloocan.

But Chief Supt. Samuel Pagdilao Jr., Northern Police District director, was quick to rule out terrorism in the twin blasts, saying no bomb components were found at both sites.

[illegible], meanwhile, said they could not yet say whether the series of explosions were carried out by just one group.



NBI analyzing implants used on patient; doc surfaces



FEAST DAY

2 men nabbed after driving stolen vehicle into van, post

Initial investigation

Unlucky

Subject of alarm

Less talk, more action

ON TARGET

Ramon Tulfo

METROBRIEFS

Woman killed in fire

Cops nab woman

Bastille Day concert



WAITING FOR A RIDE

Woman shoots hairdresser dead in QC beauty salon



5 churches, US envoy attacked in Iraq



US may forge tax deal with UBS

South Korea spy agency lowers cyberattack alert

War crimes trial to hear from ex-Liberia president



Sotomayor faces friendly jury as confirmation hearings begin



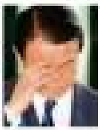
The WORLD

Senators: CIA concealment broke law

WASHINGTON—SIX MONTHS INTO BARACK Obama's presidency, his Democratic allies are pushing for twin investigations into Bush-era torture and antiterrorism policies.

AP

Japan PM to call August snap poll



ASO

AFP



LOOKING CELESTIAL FROM ATOP A HILL

The Sacred Heart (Sacré Coeur) is seen in Paris on July 11.

Is war getting more hellish, or less?

By Peter James Spielmann

AP

IN THIS ISSUE

BUSINESS

Global bonds plan bumps off RTB offering

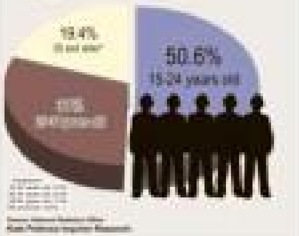
Treasury bill rates drop across the board

THE GOVERNMENT HAS INDEFINITELY SHELVED a retail treasury bond issue originally scheduled this month, National Treasurer Roberto Tan said yesterday, amid reports that the government will issue $750 million worth of global bonds that would mature in 2020.

[illegible]

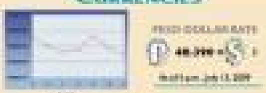
INQUIRER MONITOR

Most of unemployed between 15 and 34 (In percent, April 2009)



INDICATORS

CURRENCIES



STOCK MARKET

Shares close 0.15% lower



Liberty Telecoms to get ₱4.8-B capital boost

LIBERTY TELECOMS HOLDINGS INC., a joint venture [illegible]

World Bank sees poverty incidence in RP rising

THE WORLD BANK EXPECTS POVERTY incidence in the Philippines [illegible]

BSP seen to keep reserve requirement at 19%

GMA Network, employees sign three-year CBA

More lessons from month No. 1

MARKET RIDER



End of week 5

Bottom line spin

More corporate lessons

Portfolio Summary and Overall Performance Standings For Week Five: July 6 - 10, 2009

PHILIPPINE STOCK EXCHANGE

CURRENCIES

Peza keeps 10% investment growth target for '09

By Abigail L. Ho

[illegible]

Sweetheart deal

BREAKTIME



Conrado R. Banal III

[illegible]

SMC to tap JBIC loan for Laiban dam project

[illegible]

DOE rushes approval of 'clean' energy deals

[illegible]

Shares close 0.15% lower

[illegible]

Japan data positive but Asian markets stumble

Concerns over company earnings, global economic growth weigh on sentiment





Geithner focuses on investment, recovery

BSP seen to keep . . .

World Bank sees poverty incidence . . .

Global bonds bump off . . .

Liberty Telecom to get P4.8-B capital boost

Thais eye RP rice tender amid fierce competition

Undeterred by cheaper supply from Vietnam



Gov't hits 'skewed' competitiveness survey

Spending bottlenecks may temper deficit

LIFESTYLE Wellness

How I learned to play hockey the hard way

YOU CAN CALL ME A WINdow-shopping sportsman. I've tried more sports than most people, and have failed or been thrown out of each one of them.



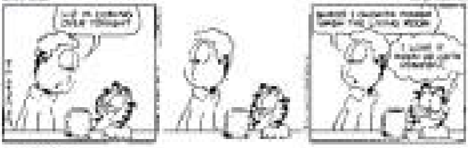
I have found myself spending time in Canada, where babies are taught to ice-skate at the age of one, and play hockey by two

THE AUTHOR, getting ready for the sports adventure



Ice skating

GARFIELD — BY JIM DAVIS



A. LIPIN — BY JESS ABRERA



PUGAD BABOY



DICK TRACY



LOVESHOTS



JAMES BOND



DIVINE COMEDY



BABY BLUES — BY JERRY SCOTT



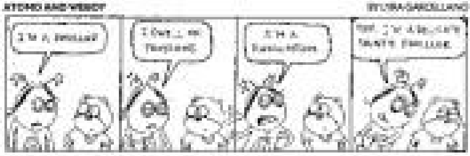
TULDOK



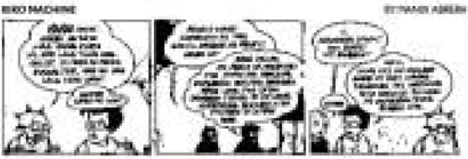
BEN — BY DANIEL SHELTON



ATOMO AND WENDY

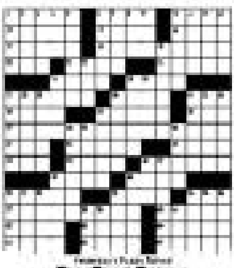


BEKO MACHINE

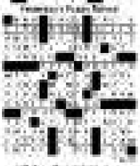


HOROSCOPE

CROSSWORD PUZZLE



Yesterday's Puzzle Solved



CONCEPTIS SU DOKU

Conceptis Sudoku

6			9				4	8
5		3		8	1	2		7
9							8	1
		6				3		
7	4							5
2		9	1	4		5		6
1	8				5			2

HOW TO PLAY SU DOKU

Fill the grid so that every column, every row and every 3x3 box contains the digits 1 to 9.
Tips and program at www.sudoku.com

Answer to previous puzzle

5	7	1	3	2	8	9	4	6
3	9	8	6	1	4	5	2	7
6	2	4	5	7	9	8	3	1
7	3	6	8	4	1	2	5	9
1	8	2	7	9	5	4	6	3
4	5	9	2	3	6	1	7	8
8	4	5	1	6	3	7	9	2
9	6	7	4	8	2	3	1	5
2	1	3	9	5	7	6	8	4

Fight depression, anger, illness with power rings


SODALITE


TIGER'S eye


AMETHYST


RUTILATED quartz


ROSE quartz


ONYX

A POWER RING IS WHAT THE cocktail ring is. It is big. It tells everyone that you are self-confident, self-assured and in control.

Now, erasing that big beautiful rock has another dimension to it. Think of having a shield that prevents negativity from getting the best of you, an energy that draws in courage and wisdom.

All stones or gems have magnetic powers in varying degrees, and many have therapeutic users.

Gems are widely used for healing, transforming, balancing and energizing the body, mind and soul. For example, amethyst calms the mind, enhances mental activity and lends strength to control passions and break undesirable habits. Physically, it balances metabolism, stimulates tissue regeneration and increases the production of red corpuscles. It may even be used to treat disorders of blood sugar levels and lapses in the immune system.

Amethyst ensures totally that the gem integrates emotional, mental and spiritual bodies to function as a single unit.

There is a gem for every situation in life, from dealing with anger and calming fears to fighting diseases such as cancer, multiple sclerosis and fibromyalgia. There are gems that clear away depression.

Emeralds, rose quartz and rutilated quartz crystals are anti-aging. Tiger's eye stones lend nourishment to dry women. Smoky quartz crystals relieve stress and sodalite helps calm nerves.

Bohemian Nation Trading Co., known for its one-of-a-kind rings, bracelets, necklaces and earrings, offers healing gems and power rings. Visit its showroom at The Serenity Place located in Ninoy Aquino, Makati.

For a limited period, Bohemian Nation offers discounts. Visit www.bohemiannationtrading.co.com or call 771-2389.

Vitamin C regulates blood pressure

DRINKING ONE TO TWO CUPS of black tea daily helps relieve headaches, ease digestive disorders, fight infections and prevent cavities. However, recent findings reveal that green tea has higher preventive value than black tea. The polyphenols in tea, substances which contain antioxidant properties, are stop and slow down cancer.


INSIDE OUT
Cory Quirino

Tea-making

- Clean teapot teacup.
- Fill pot with fresh, clean cold water. Don't use softened water; it affects the flavor of tea. Bring water to boil.
- Use one tea bag or one tsp of tea for every cup of water. Pour boiling water over tea.
- Brewing time—about three to five minutes. If it's too strong, add water to dilute.
- When making iced tea, add 50% more tea. For eight glasses, use 12 tsp of tea or 12 tea bags. That's because the ice will dilute the flavor.
- Boil water. Remove from stove. Add tea bags. Let them stand for five minutes. Keep tea outside fridge as the color turns cloudy. Pour over ice. Stir and serve. For fruity tea, place ingredients in blender with small amounts of honey. Serve with sprig of mint.

Vitamin C

Researchers at the Medical College of Georgia found that 67 men and women with high levels of vitamin C in their blood had an average blood pressure reading of 104/65. Even those with only 1/3 of vitamin C level showed a reading of 111/73. The higher the vitamin C dosage, the lower the blood pressure. Take vitamin C in its natural form such as guava, kiwi, orange, papaya, strawberry, broccoli, grapefruit, green/red pepper, cantaloupe, citrus/lemons, lemon, spinach and cabbage.

Bad breath

Halitosis or bad breath can be cured.

- Eliminate chemical problems by addressing the causes of hyperacidity: spicy food, stress, not eating regular meals, parasites, fatigue, infections, antibiotics, alcohol and coffee.
- Take probiotics or yogurt with active culture of good bacteria to correct the imbalance in your stomach. For more information, try talk: Call World of Wellness at 7230570.
- Drink plenty of water.
- Brush your tongue.
- Breathe through your nose.
- Eat something sweet or chew on parsley, a natural deodorizer. Sugar and complex carbohydrates keep bad breath away.

Affirm: "The sweetness of life is in my breath."

Love and light!

Reference: "Inner Cleansing Cure" by (Yoko) Medical Publishing

Where to go for healing, spiritual nourishment

I SPENT THE LAST HOLY WEEK holiday in Ciudad Verdadero together with psychically gifted and spiritually sensitive friends.


INNER AWARENESS
Jaime T. Licauco

Ciudad Verdadero is a powerful mystical place, just like Mt. Banahaw in Laguna or Mt. Apo in Mindanao. There are many such powerful spiritual and sacred places in the Philippines.

Ciudad Verdadero is a privately owned 23-ha hill located at the border of Sampaloc and Lucban in Quezon province. At its highest point, one can see the towering slopes of Mt. Banahaw in Dolores, Quezon.

When Manila businessman Antonio Canapoe bought the empty agricultural land in the mid-1980s, it was for investment or business purposes. He planted fruit-bearing trees and commercially viable plants from life coffee beans, but everything died.

One day in 1986 or 1987, he heard about a seminar on inner mind development over the radio. I was conducting this seminar.

"That course completely changed my whole life," recalled Art Canapoe later. "I learned how to meditate correctly and commune with my higher self and spirit guides."

From those guides he learned that the land he had bought in Lucban, Quezon was not meant for business or profit but for something much higher than that. It was to be a spiritual center to which people from the Philippines and those from other parts of the world would flock for healing and spiritual solace and nourishment.

Hidden place

Today, the place, which is located on Km. 235 some three hours from Manila, has been visited by thousands of people. Some came from as far as Australia, Sweden, US and France.

But why would people take the time to go there? Actually, from a purely physical standpoint, there's not much that one can see there except for a chapel, a multi-purpose hall, a small house, a meditation room, a spring and two buildings. Art also built a Chartres Labyrinth at the chapel and a bigger Crown Labyrinth on top of the hill.

According to Art, whom I call the Supremo of Ciudad Verdadero, "Only those whose hearts are pure and who are called by the spirits can reach this place. Those who are merely curious or those with purely mundane outlooks will find nothing of interest here."

(E-mail Jaime at ini.nationajim@yahoo.com)

Note: The next Awareness, Karma & Reincarnation seminar will be held July 18, 1-7 p.m. at Rm. 300 Prince Plaza I, Legaspi St., Greenbelt, Makati. Call 8187243-09189886, fax 8159808 or e-mail jaimelicauco@yahoo.com for details.

Are you a fitness role model to your child?

By Mitch Felipe
Contributor

IN THE BOOK "WEIGHT LOSS Confidential" by Anne Fletcher, teens who had successfully maintained their weight improved their quality of life. Ninety-nine percent improved their self-esteem and confidence; 88%, their energy level; 87%, their moods and level of happiness; 86%, their physical health; and 82%, their interaction with friends.

The following are strategies tried by more than a hundred pre-teens and teens from 32 US states and Canada. They have managed their weight for more than three years. On the average, they lost 50 pounds.

As a parent, you have a big role in changing your child's weight and lifestyle. Seventy-five percent of the teens cited that the causes of their weight gain are excessive snacking, exposure to large food portions and not enough exercise. But they all attributed their success to their parents who gave them encouragement, financial support and healthy meal preparations.

Approach

The most unhelpful strategies include nagging, complaining, preaching, criticizing and controlling food choices.

Part of a successful program is recognizing that the teen is ready to change and invest time and effort in the process.

Be a role model by improving your own lifestyle.

According to health psychologist Steven-Barry Smith, whenever a teen expresses his desire to begin an exercise program, instead of suggesting which type of exercise best suits him, ask which type of exercise he is really interested in.

Next step is to ask him how you can support him, like enrolling him in a program or exercising together. Or, if he wants, he can exercise with a friend or a trainer.

As a parent, explain to your child the advantages of eating healthy meals as opposed to skipping meals just to eat his favorite junk food at night.

Psychologist Nancy Sherwood, who studies adolescents, recommends keeping a daily record of food intake and physical activity for overweight kids.

Focus on positives

Encourage your child to keep a "success journal" where daily achievements and their tremendous results are recorded.

A sample success journal entry:

"I substituted a 30-minute walk for a computer game this afternoon. It made me feel more energetic during the rest of the day.

Now, I eat fewer potato chips. Instead of finishing the whole bag, I satisfied my craving without guilt feelings.

I can climb the stairs without much difficulty. Now, I am more motivated to increase my cardio activities."

The worst reward you can give your teen after achieving significant results is a buffet treat at his favorite restaurant.

Here are some short- and long-term rewards for your teens that will reinforce their positive lifestyle behavior:

- A treat to the hair salon for being a consistent breakfast eater (for girls)
- Music player of their choice for completing a three-month exercise program
- New pair of shoes for completing a one-month journal
- Cash reward of P1,000 for each pound lost

E-mail the author at mitchfelipe@gmail.com.



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- **Trent Reznor thinks record label CEOs are thieves** Exclusive /D4
- **Cristine Reyes junks 'secret lover'** Dollywood /D4



Tara's turn

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9 VILLA ESTRELLA
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6 HANNAH MONTANA THE MOVIE

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2 HANNAH MONTANA THE MOVIE
3 VILLA ESTRELLA
4 TRANSFORMERS: Revenge of the Fallen

TACLOBAN

1 ICE AGE 3: DAWN OF THE DINOSAURS
2 DRAG ME TO HELL
3 TRANSFORMERS: Revenge of the Fallen

BACOLOD

1 ICE AGE 3: DAWN OF THE DINOSAURS
2 REVOLUTIONARY ROAD
3 TRANSFORMERS: Revenge of the Fallen
4 FROM WITHIN
5 VILLA ESTRELLA
6 THE PERFUME

ILOILO

1 ICE AGE 3: DAWN OF THE DINOSAURS
2 THE TAKING OF PELHAM 123
3 VILLA ESTRELLA
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5 ECHELON CONSPIRACY
6 TRANSFORMERS: Revenge of the Fallen



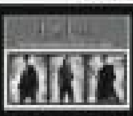
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